

Appendix I

HKASO Activities Summary 2011 - 2012

Date	Activities	Remarks
1 April 2011	Active participants of various initiatives and programs related to EatSmart@school and the EatSmart@restaurant programs – both are important initiatives from our government to combat and prevent chronic non-communicable diseases	HKASO (represented by Dr CC Chow) continued as Steering Committee member of both programs initiated by Department of Health
12 April 2011	13 th Newsletter to all members was published	
18 June 2011	7 th Annual General Meeting, followed by annual dinner at the Lei Garden Restaurant at New Town Plaza, Shatin. A new Council was elected for 2011-13	A total of 10 members attended the meeting. We are very glad to have our honorary auditor and legal advisor joining our annual dinner
15 July 2011	The first book on obesity written by HKASO was published and was available in most bookstores in Hong Kong. The book covers Frequent Ask Questions, Diet, Surgery, Exercise and Drug issues	The book was well received and over 800 copies were sold up to March 2012
18 August 2011	HKASO was invited as member of the Task Group on the StartSmart at School and also Working Group on Developing Trade Guidelines on Reducing Sugars / Fat in Foods recently	Prof Alice Kong, Ms Lorena Cheung and Dr CC Chow will represent HKASO to join both Task Groups
27 September 2011	Dr CC Chow was invited to talk about “Global Epidemics of Obesity” in a morning MetroRadio program	

30 September 2011	HKASO research grant 2010-2011 of amount HK\$ 30,000 was awarded to Professor Stanley Hui for his Project entitled “Validity of Bio-electrical impedance (BIA) in measuring body fatness of Chinese children”	
1 – 2 October 2011	Same as previous year, the annual scientific meeting of HKASO was incorporated as part of the Hong Kong Diabetes and Cardiovascular Factors East Meets West Symposium. This year the meeting will be held at 1st – 2nd October 2011 at the Hong Kong Convention and Exhibition Centre. HKASO Plenary Lecture was held on 2nd October. We had invited Professor Robert Lustig from USA to give a lecture on Sugar sweetened beverages, obesity and diabetes. This was followed by the HKASO Symposium in which three lectures were delivered and all of them are from Hong Kong, namely “Can microbial agents cause obesity?” by Professor Mary Waye; “Management of the overweight child and adolescent” by Professor Albert Li and “Sleep disorder and obesity” by Professor Yun-kwok Wing	A one and half day medical congress. Well attended by more than 800 local and international participants
3 November 2011	In order to assess HK obese subjects’ willingness in seeking treatment, as well as to understand private practitioners’ approach towards weight management, and to identify their barriers in treating obesity, HKASO has held a press conference entitled “Understanding of Obese Patients among Private GP in Hong Kong” following the completion of a targeted survey in September 2011	Over 20 media attended with subsequent enthusiastic discussion in various media
14 December 2011	14 th Newsletter to all members was published	